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<th>Everyone</th>
<th>Focus on: Women</th>
<th>Focus on: Hiv+</th>
<th>Focus on: Veterans</th>
<th>Focus on: Social Services</th>
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<td>General Activities</td>
<td>Women's Programming</td>
<td>For those living with HIV</td>
<td>Programming for military veterans</td>
<td>Safety net services</td>
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<td>Thursdays at MCC Church</td>
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<td>Men's programming</td>
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UNBOUND Curated by Christopher Atkins January 30 - March 16

Balance & Strengthening Program with Instructor Marco Beghin

RSVP/Message Line: 323-860-5830 or Toll-Free: 877-688-4833 • seniors@lalgbtcenter.org
LETTER FROM KIERA

I wanted to thank everyone who came out to celebrate our grand opening and ribbon cutting! It was a special day that none of us will forget. I’m glad that so many of you had the opportunity to tour the new Senior Center at the Campus. The Harry and Jeanette Weinberg Foundation is one of the 50 largest private charities in the United States. The foundation has made a capital gift of $1 million dollars to the Center in support of the new Senior Center. If you haven’t had the opportunity to visit the Senior Center, we hope you will visit us soon and tour our new space.

We hope to see you at our May 16 welcome luncheon in honor of National Honor LGBT Elders Day. In the new Senior Center is new portrait exhibit on display titled Generations, by Los Angeles photographer and artist Aaron Jay Young, featuring some of our Triangle Square residents. The exhibit captures the humanity and spirit of the people we serve in our Children, Youth, and Family Services and Senior Services departments. Mr. Young’s portraits bring to life the determination and beauty of his subjects. Taken together, the subjects embody the collective wisdom and strength of the LGBT community and our history of creative resistance to oppression in an effort to build a better world, a world in which LGBT people can be healthy, equal, and complete members of society.

Sincerely,

Kiera Pollock, M.S.W.,
Director of Senior Services

GO GREEN
Remove yourself from the mailing list and access the newsletter and calendar online through our e-mail list. Send an e-mail to seniors@lalgbtcenter.org requesting to “Go Green.”
New RSVP Policy

You may RSVP for events if you are age 50+ and registered as a participant. We will be updating our registration and RSVP process for our new Senior Center to better meet the needs of older adults in the age of technology.

Starting the week of April 22, if we have your email, you will receive an email message regarding your new user name and password for the online RSVP website.

New participants can contact our RSVP line for more information and to register as a member online.

Starting May 1, you will be able to RSVP for events and case management through our new online RSVP website. RSVP’s will be allowed through the RSVP website through the end of the month. Early RSVPs are allowed for select events noted in the calendar and will be available only through the RSVP message line. We will provide basic training on how to use the new online RSVP website at the Senior Center throughout the month. You can also attend monthly LGBTech classes provided by Mom's Computer for training and to learn how to set up an email address.

If you do not have email or internet access, you may RSVP through our traditional method by calling our RSVP/Message line and providing your full name and event number. You may only RSVP for yourself and a caregiver, if applicable. Please include the caregiver’s name with your RSVP. You will be notified via email or if you do not have email through phone call if waitlisted and will receive updates about any changes or cancellations.

Your patience would be greatly appreciated during the upcoming month as we gradually transition Senior Service activities and events from the Village to the new state-of-the-art activity rooms and technology at the Center’s new Anita May Rosenstein Campus.

RSVP/Message Line: 323-860-5830
seniors@lalgbtcenter.org

Toll Free: 877-688-4833
SENIOR SERVICES
ID CARDS

Beginning the week of April 22, you will be able to pick up your new Senior Services ID Card at the Anita May Rosenstein Campus Senior Center. Throughout the month of May you will be notified of opportunities to pick up your ID Cards at our other locations (Triangle Square, MCC, MiCentro). If your registration is not up to date or we do not have your photo, you will need to update this information through the new online RSVP website or in person at the Senior Center in order to receive your ID Card.

CHECK-IN Kiosks

Check in kiosks will be available on each floor of the Anita May Rosenstein Campus Senior Center. For security purposes, all participants will be required to check in with their ID Card at the kiosk upon arrival and verify any activities or case management appointments you RSVP to attend. If you forget your ID Card you will be able to sign into the kiosk with your user ID and password. In future months, these kiosks will be available at Triangle Square, MCC and MiCentro. Staff and volunteers will be available to assist you as we all learn to use this new technology.

Seniors helping SENIORS

This special fund is available on a limited basis for registered participants. If you need financial assistance to attend a Senior Services activity requiring a fee, please call us at 323-860-5830. All requests are completely confidential. We are always accepting donations to the Seniors Helping Seniors Fund!

Please contact us if you would like to donate

SPECIAL Accommodations

If you have any special needs, including dietary restrictions, accessible seating requirements, or sign language accommodations, please notify us through our new online RSVP website or via RSVP/Information line at least 10 days in advance at 323-860-5830. We will do our best to accommodate!
Underground parking is available for 50 visitors in the parking garage on Level 1 only on a first come, first served basis. There will be no parking charge for registered senior participants who park. Electric vehicle charging stations and secure bicycle parking is also available in the parking garage. Because parking may fill up, please allow extra time to find street parking or consider public transportation or a ride share service. Public transportation is available to the Campus via Metro Red Line to Hollywood/Highland Station and via Bus Lines 4, 237, and 704.

The newsletter is readily available online and posted on our bulletin board. To stop receiving the newsletter by mail, please contact seniors@lalgbtcenter.org or 323-860-5830 and request to "Go Green."
EVERYONE

ART LAB
FRIDAYS, 10:30 A.M.
DROP-IN
A Anita May Rosenstein
Campus

Get creative… drawing, painting, sculpture, color, and more! Art Lab is a fun way to learn new skills and techniques while also expressing yourself. Participate in a guided art lesson by our new facilitator, Josephine Gildersleeve, or bring your own project from home. All skill levels welcome!

BEGINNING TAP DANCING LESSONS
WED., MAY 8, 12:30 P.M.
WED., MAY 22, 12:30 P.M.
DROP-IN
V The Village at Ed Gould Plaza

Learn the fundamentals of tap dancing with Lauren! Tap is one of the greatest feel-good dances you can enjoy. It’s fun to learn and fun to practice. All skill levels welcome.

BINGO!
FRI., MAY 31, 1 P.M.
DROP-IN

A Anita May Rosenstein
Campus

Calling all Bingo lovers for our monthly game of Bingo! Prizes for the winners. Refreshments provided.

BRAIN POWER
THURS., MAY 2, 1 P.M.
THURS., MAY 16, 1 P.M.
THURS., MAY 30, 1 P.M.
DROP-IN
A Anita May Rosenstein
Campus

Join us for an Outloud Reading of our LGBT sister, May Sarton’s ninth novel, Mrs. Stevens Hears

STONEMWALL RIOTS: A 50TH ANNIVERSARY RETROSPECTIVE

Do you have a personal story you’d like to share about the Stonewall Riots from June of 1969? Did you frequent the Stonewall Inn gay bar? Were you in Greenwich Village the night of the police raid? Did you know activists Marsha P. Johnson and Sylvia Rivera?

If you have memories from the historic Stonewall Riots, we would love to hear from you. We are planning an important panel discussion in June 2019 for Pride Month to commemorate the 50th anniversary of the rebellion at Stonewall. Please email seniors@lalgbtcenter.org with the subject line “Stonewall Panel,” and a staff person will contact you.
the Mermaids Singing. The main character, Hilary Stevens says of her passionate attachments to women who inspired her, "Love opens the doors into everything... most of all, the door into one's secret, real self." We view the film, World of Light: Portrait of May Sarton on May 30.

CHAIR YOGA
WEDNESDAYS, 11 A.M.
DROP-IN
Anita May Rosenstein Campus
Challenge your body and brain with Lucero as you explore ancient Eastern techniques to improve your memory and health.

COMEDY NIGHT WITH CAITLIN DURANTE
WED, MAY 29, 6 P.M.
DROP-IN
Triangle Square
Caitlin and her workshop crew will leave you in stitches! Come join us at Triangle Square for some laughs!

COUNTRY LINE DANCING WITH MATTHEW
TUES., MAY 7, 11 A.M.
DROP-IN

AGING MASTERY PROGRAM
TUESDAYS STARTING
MAY 7 – JULY 9, 3 – 4:30 P.M.
EVENT 0516
RSVP REQUIRED
Anita May Rosenstein Campus
Join the adventure! Through the National Council on Aging and the Los Angeles County Commission for Older Adults, Senior Services will be offering the Aging Mastery Program (AMP)!

AMP is a 10-week commitment to core classes which incorporate evidence-based curriculum with the goal of leading a more meaningful life. Limited space available.

AMP encourages the concept of mastery - by developing behaviors across many dimensions that will lead to:

- Improved health
- Stronger financial security
- Overall well-being

By participating in this program, you will:

- Make and maintain impactful changes in your health behaviors and enrichment in later life.

- Become more involved in your community.

- Meet new friends while providing support and encouragement to your peers.
For Women. By Women.

SATURDAY, MAY 11
2–6 P.M.
Los Angeles LGBT Center
Anita May Rosenstein Campus
and The Village at Ed Gould Plaza

Visibility and community matter now more than ever.

Join us for a day of fun, interactive, LBTQ-centric activities, musical performances, short film screenings, vendors and much more! Bring yourself, friends, family - everyone is truly welcome. Fully accessible to people of all abilities.

Activities and events will be held at the Los Angeles LGBT Center’s new Anita May Rosenstein Campus and The Village at Ed Gould Plaza.

More information and RSVP at lalgbtcenter.org/wxw
Anita May Rosenstein
Campus

Come single or with a partner for this toe-tapping class that's great movement experience. Beginners welcome! Wear comfortable shoes; boots not required.

**CYBER SAFETY**

**MONDAY, MAY 13, 2 P.M.**
**EVENT 0513**
**RSVP REQUIRED**

Anita May Rosenstein
Campus

It's dangerous in cyber-space and some feel helpless in the face of computer viruses, email scams, hacking and the like. Dr. Steve Krantz, IBM Distinguished Engineer, will share his knowledge of computer systems, networks and data for the non-technical user. He will provide clear guidance in how you can protect yourself, including your PC, Mac, and smartphone.

**EBONY SAGE CIRCLE**

**FRI., MAY 17, 12 P.M.**
**DROP-IN**

Anita May Rosenstein
Campus

Open to all Black-identified participants, this group aims to promote self-awareness, quality of life, learning, and unity of the Black voice in the LGBT community of Los Angeles, especially at the Center. We want to share our lives and experiences with all under the rainbow.

**FARMERS MARKET**

**TUES., MAY 14, 2 – 3 P.M.**
**TUES., MAY 28, 2 – 3 P.M.**
**DROP-IN**

Anita May Rosenstein
Campus

Fresh produce from a local farmers market provided. Please bring your own bag. First come, first served.

**GET OUT & BOWL**

**TUES., MAY 14, 10:30 A.M. – 12:30 P.M.**
**EVENT 0512**
**RSVP REQUIRED**

Pickwick Bowling

Join us for bowling fun at Pickwick Bowling: 921 W. Riverside Dr. Burbank, 91506. Ramp available for
<table>
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<tr>
<th>RESOURCES &amp; EVENTS</th>
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<tr>
<td><strong>FEMININE FORM - POSTURE, GESTURE &amp; ATTITUDE THRU BELLY DANCE</strong></td>
<td><strong>TRANSGENDER PERCEPTIONS</strong></td>
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<td>SATURDAY, MAY 18, 12 – 1:30 P.M.</td>
<td>FRIDAYS, 8 P.M. DROP-IN</td>
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<td>V The Village at Ed Gould Plaza</td>
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<td>This exciting, body-moving course will explore feminine posture, gesture and</td>
<td>Questioning your gender identity can be a lonely process and if</td>
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<td>movement through belly dancing.</td>
<td>you’re in the process of living your true gender, you likely</td>
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<td>have many questions. This social group will provide a safe</td>
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<td>space to share your experience.</td>
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<td><strong>REDEFINING MASCULINITIES</strong></td>
<td><em><em>TRANS</em> SPECTRUM</em>*</td>
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<td>TUESDAY, MAY 21, 7 – 8:30 P.M.</td>
<td>TUESDAY, MAY 7, 7 – 8:30 P.M.</td>
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<td>V The Village at Ed Gould Plaza</td>
<td>V The Village at Ed Gould Plaza</td>
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<td>This monthly discussion group is for all people and identities, who want to ac-</td>
<td>A monthly group for trans and non-binary folks who are on the</td>
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<td>tively redefine and explore the possibilities of what it can and should mean to</td>
<td>neurodiverse spectrum.</td>
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<td>be masculine in this world. We encourage all participants to bring topics, ques-</td>
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<td>tions, and issues of your own to share and explore!</td>
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<td><strong>SAVE THE DATE!</strong></td>
<td>**YOU. ARE. WORTHY. - RECLAIMING YOUR INNER POWER WITH ORACLE</td>
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<td>Trans Pride LA is coming</td>
<td>CARDS**</td>
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<td>Friday &amp; Saturday, June 14 &amp; 15</td>
<td><strong>THURSDAY, MAY 9, 7:30 – 9 P.M.</strong></td>
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<td>V The Village at Ed Gould Plaza</td>
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<td>In this fun and introspective workshop, you will learn the</td>
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<td>basics of oracle card reading and will have the opportunity</td>
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<td>to ask the cards for clarity and guidance regarding anything</td>
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<td>you may be struggling with in your life.</td>
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<tr>
<td>REGISTER AND RSVP AT TRANSLOUNGE.ORG</td>
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those with limited mobil-
ity. Lane and shoe rental is $5.50 for both. Seniors Helping Seniors available upon request.

GO METRO TO THE GETTY!
SAT., MAY 25, 10 A.M.
EVENT 0511
RSVP REQUIRED
V The Village at Ed Gould Plaza

Meet Mimi at The Village at 10 a.m. Take the Metro bus line 704 westbound to Sepulveda/Santa Monica Blvd. Transfer to bus line 734 northbound to the Sepulveda/Getty Center stop. Special exhibits feature the first ever retrospective on “father of art photography,” Oscar G. Rejlander; “Encore,” a photography exhibit about contemporary artists reenacting older works of art; and an 18th Century collection of pastel portraits from the Getty’s permanent collection.

RSVP REQUIRED
A Anita May Rosenstein Campus

There’s a lot to know about Medicare and now there’s help to make sense of it all. Meet with a HICAP counselor to get answers to all your questions. RSVP with Sandy Risdon at 800-824-0780 ext. 3006.

JUGGLING HOUR
WEDNESDAYS, 10 A.M.
DROP-IN
A Anita May Rosenstein Campus

Studies have shown that learning to juggle can improve concentration, increase dexterity, and even reduce stress. Whether you are an experienced juggler or a total beginner, come exercise your brain and body by learning new patterns! No prior experience necessary.

LGBTECH WITH MOM’S COMPUTER
TUES., MAY 7, 12:30 P.M.
DROP-IN
A Anita May Rosenstein Campus

AMRC Online Signup Extravaganza - Please stop by and sign up for your very own online RSVP account. You don’t need to bring anything but yourself to get started!

LIFE CONNECTIONS 21+ MEETS 50+
WEDS., MAY 15, 2 P.M.
DROP-IN
A Anita May Rosenstein Campus
Meet with Center volunteers for meaningful conversations across generations.

**NATIONAL HONOR OUR LGBT ELDERS DAY: LUNCH FOR EVERYONE**

**THURS., MAY 16, 12 – 2 P.M.**  
**EVENT 0500**  
**RSVP REQUIRED**  
[ ] Anita May Rosenstein Campus

Each year, May 16 is a day to nationally recognize those who have paved the way by showcasing equality and justice in the LGBT community. Senior Services staff would like to take this opportunity to welcome you to the new Harry & Jeanette Weinberg Senior Center to celebrate the important contributions you have made to the LGBT community.

**ORIGAMI WITH LARRY**

**THURS., MAY 23, 1 – 3 P.M.**  
**EVENT 0514**  
**RSVP REQUIRED**  
[ ] Anita May Rosenstein Campus

In this monthly class, Larry teaches how to create origami boxes and other useful items. Make origami out of dollar bills—great for leaving tips—and even make origami towels and napkins! We will supply all materials. Great for manual dexterity, logic, and lots of fun!

**FRIDAY, MAY 10, 1:30 P.M.**  
*The Rose* (1979; 125 mins.)  
Bette Midler astounds audiences with her electric performance as Rose, a rock-and-roll diva oozing with talent.

**FRIDAY, MAY 17, 1:30 P.M.**  
*McQueen* (2018; 111 mins.)  
This documentary details the life, career, and tragic death of one of the most innovative fashion designers of his day, Alexander McQueen.

**FRIDAY, MAY 24, 1:30 P.M.**  
*I Am Michael* (2015; 102 mins.)  
Based on the fascinating true-life story of Michael Glatze, a gay activist who becomes a Christian pastor after identifying as a heterosexual.

**QI GONG**

**TUES., MAY 7, 10 A.M.**  
**TUES., MAY 21, 10 A.M.**  
**TUES., MAY 28, 10 A.M.**  
**DROP-IN**  
[ ] Anita May Rosenstein Campus
Learn how to coordinate movement, posture, breathing, and meditation to cultivate your “life energy” from our fabulous Qi Gong instructor Alexis!

**R&B LINE DANCING**

**TUES., MAY 7, 1 P.M.**
**TUES., MAY 21, 1 P.M.**
**TUES., MAY 28, 1 P.M.**
**DROP-IN**
**T Triangle Square**

Come and shake your groove thang with instructor, E Talley! R&B line dancing is a great way to learn some new moves and dance to songs that you love. All levels welcome. Join us!

**READING OPENS MINDS**

**MON., MAY 6, 1:15 P.M.**
**MON., MAY 20, 1:15 P.M.**
**DROP-IN**
**A Anita May Rosenstein Campus**

Share your love of reading with others! Engaging books chosen for discussion revolve around life-skills, personal perceptions, and existential questions.

**RUSTY’S GAY SWING & SWAY**

**SAT., MAY 11, 1 P.M.**
**DROP-IN**
**T Triangle Square**

FREE Co-ed Ballroom dance lesson. Learn Waltz, Fox Trot, Swing, and Cha-Cha, PLUS Texas Two Step! Beginners welcome! Please no rubber soled shoes. Partner not necessary.

**STITCH ‘N BITCH CLUB**

**FRI., MAY 3, 1 – 3 P.M.**
**DROP-IN**
**A Anita May Rosenstein Campus**

**THU., MAY 30, 2 – 4 P.M.**
**DROP-IN**
**M Mi Centro**

Learn how to crochet, bring your own sewing projects, or come for the juicy conversation! Spanish speakers welcome. No prior experience necessary. Yarn and crochet hooks provided.
helpless in the face of computer viruses, email scams, hacking, and the like. Dr. Steve Krantz, IBM Distinguished Engineer, will share his knowledge of computer systems, networks and data for the non-technical user. He will provide clear guidance in how you can protect yourself, including your PC, Mac, and smartphone.

**GAME DAY**

**THURS., MAY 2, 12 P.M.**

**THURS., MAY 30, 12 P.M.**

**DROP-IN**

**MCC Church,**

5730 Cahuenga Blvd.,

North Hollywood

91601

Play fun games at MCC Church with some of the Center’s volunteers!

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**TRANS Q&A WITH GINA**

**FRI., MAY 24, 12 – 1 P.M.**

**DROP-IN**

**A** Anita May Rosenstein Campus

Do you have questions or curiosity about trans issues, but don’t know who to ask? Meet with Gina to ask questions and receive answers in a non-judgmental environment. Open to all participants. Refreshments will be provided.

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**THURSDAYS AT MCC CHURCH**

**CASE MANAGEMENT**

**THURS., MAY 9,**

12 – 2 P.M.

**DROP-IN**

**MCC Church,**

5730 Cahuenga Blvd.,

North Hollywood

91601

It’s dangerous in cyber-space and some feel
LGBTECH WITH MOM’S COMPUTER

THURS., MAY 9, 12:30 P.M. DROP-IN
MCC Church, 5730 Cahuenga Blvd., North Hollywood 91601

AMRC Online Signup Extravaganza - Please stop by and sign up for your very own online RSVP account. You don’t need to bring anything but yourself to get started!

MOVIE SCREENING

THURS., MAY 16, 12 P.M. DROP-IN
MCC Church, 5730 Cahuenga Blvd., North Hollywood 91601

Don’t miss the biggest documentary of 2018 – RBG (97 mins.)! Learn about the illuminating life of trailblazer Ruth Bader Ginsburg and her career in gender-discrimination law as she becomes a justice in America’s highest court.

Still we Rise

SATURDAYS, MAY 4 THROUGH JUNE 29
10 A.M. – 12 P.M.
EVENT 0517; RSVP REQUIRED
The Village at Ed Gould Plaza

Join us for this writing workshop for women!

- Excavate and ignite your stories
- Create and share in a community of acceptance
- Connect with your sense of self, identity, and purpose
- Explore your personal, political and spiritual power
- Experience inspiring music and excerpts
- Learn the practice of contemplative writing to generate new material

This series will explore issues of social justice, sexual identity, language, and the lesbian experience.

About the Instructor
Alicia Vogl Saenz is a poet, meditator, and arts educator who brings her queer and mixed immigrant background to her writing and teaching. Her work has appeared in journals and anthologies such as Grand Street, Blue Mesa Review, Mischief, Caprice, and Other Poetic Strategies (Red Hen Press), and she is the author of the chapbook The Day I Wore the Red Coat (VCP Press, 2001). Alicia has performed her poetry throughout Los Angeles, most recently as part of the community celebrations of The Secret City. She is a member of Macondo Writers Workshop, the Lezarati Writer’s Group, and has been in residence at Hedgebrook, a retreat for women writers. She also brings her passion for breadmaking, cooking, and craftivism (especially knitting) to her writing. Her blog Translucent Matter can be found at aliciabird.me
POTLUCK
THURS., MAY 23, 12 P.M.
DROP-IN
MCC
MCC Church,
5730 Cahuenga Blvd.,
North Hollywood
91601
Join us for our monthly potluck at MCC! We’ll provide the main dish, please bring a side dish to share.

THURSDAYS AT MI CENTRO
Located in Boyle Heights, Mi Centro is a partnership between the Center and Latino Equality Alliance located at 553 S. Clarence St., Los Angeles, 90033. Nearby street parking is available and it’s just a 15-minute walk from the Mariachi Plaza and Pico/Aliso Gold Line stations; one block from Metro bus lines at 4th and Boyle streets.

CASE MANAGEMENT
THURS., MAY 30,
12 – 2 P.M.
DROP-IN
Mi Mi Centro
Meet with a case manager to learn about valuable programs and services available to you as an LGBT senior, including housing, employment, medical, mental health, legal, social support, and more. First come, first served.

MOVIE AND COFFEE CLUB
THURS., MAY 9, 1 P.M.
DROP-IN
Mi Mi Centro
Join us for hot coffee and a movie! Enjoy good conversation about what’s on your mind and current events. Stay for our screening of the film, Boys on the Side (1995; 117 mins.) about a lesbian nightclub singer who answers an ad by a woman...
diagnosed with HIV seeking a companion to drive from NY to LA.

**STITCH ‘N BITCH CLUB**

**THURS., MAY 30, 2 – 4 P.M.**

**DROP-IN**

**Mi Centro**

Learn how to crochet, bring your own projects, or come for the juicy conversation! Spanish speakers welcome. No prior experience necessary. Yarn and crochet hooks provided.

**FOCUS ON: MEN**

**MEN’S HIKE**

**THURSDAYS, 9:30 A.M.**

**DROP-IN**

**Griffith Park**

Meet at the corner of Fern Dell Drive and Black Oak Drive, 200 ft. north of Los Feliz Blvd. Parking available along Fern Dell Dr. Wear comfortable shoes; bring water and a snack. Hike is co-ed every third Thursday.

**MEN’S DINNER**

**MON., MAY 20, 6:30 P.M.**

**EVENT 0510**

**RSVP REQUIRED**

**House of Pies**

1869 N. Vermont Ave.,
Los Angeles 90027

Meet with friends new and familiar for this monthly dinner around town!

**MEN’S SOCIAL GROUP**

**WEDNESDAYS, 10 A.M.**

**DROP-IN**

**Anita May Rosenstein Campus**

Formerly called “Men’s Drop-in Support.” Join us to meet new friends and share stories every week. Open to all self-identifying men.

**MEN’S SUPPORT CHAT**

**WEDNESDAYS, 10:30 – 11:30 A.M.**

**EVENT 0507**

**RSVP REQUIRED; NO DROP-INS**

**Anita May Rosenstein Campus**

Come share life experiences in a safe and supportive environment with others. Through group discussion and activities, members learn and practice new ways to process challenging life experiences. Open to all self-identifying men. For more information or if you are new to the group, please call 323-860-7307. No Drop-ins allowed.

**EMPLOYMENT ASSISTANCE AND PLANNING**

**THURSDAYS, 10 AM – 12PM, 1 P.M. – 3 P.M.**

**A Anita May Rosenstein Campus**

Meet with our Senior Services Employment Coordinator for assistance with: job searches, resume writing, interview skills, and for help completing job applications. Get up-to-date information on development workshops, open positions, and job fairs. Please bring a copy of your resume, if available. For appointments, please call (323) 860-5830 and state that you would like to schedule an appointment with the Employment Coordinator.
MOCA 50+
SAT., MAY 18, 4 – 6 P.M. DROP-IN
V The Village at Ed Gould Plaza

Men of Color 50 years old and beyond, in cultural solidarity, gather to support each other for gracious living in the face of economic challenges, racism, ageism, homophobia, and health issues. Facilitators: Clarence R. Williams, David Hunter, and Lamar Rucker.

FOCUS ON: WOMEN

WOMEN’S CIRCLE & POTLUCK
SUN., MAY 19, 10 A.M. EVENT 0501 RSVP REQUIRED
A Anita May Rosenstein Campus

Join us for the Women’s circle topic: Sexuality! As LGBTQ women, sexuality is often at the center of our identities. Come to May’s circle to explore the topic of sexuality in our lives.

We’ll begin with a guided meditation, followed by our women’s circle where we will speak and listen from our hearts and share in each other’s stories. Stay for the potluck afterwards. Bring a side dish or dessert to share.

WOMEN’S SUPPORT CHAT
MONDAYS, 3 – 4 P.M. EVENT 0506 RSVP REQUIRED; NO DROP-INS
A Anita May Rosenstein Campus

Come share life experienc-
es in a safe and supportive environment with others. Through group discussion and activities, members learn and practice new ways to process challenging life experiences. Open to all self-identifying women. For more information or if you are new to the group, please call 323-860-7307. No Drop-ins allowed.

FOCUS ON: HIV+

HIV+ MEN’S SUPPORT GROUP

THURSDAYS, 1 P.M. DROP-IN

Anita May Rosenstein Campus

Come to The Village to meet new friends. Share your stories and experiences of living with HIV. For the last Thursday of the month, lunch will be provided at 12:30 p.m.

LUNCH FOR THOSE LIVING WITH HIV

THURS., MAY 30, 12:30 P.M. EVENT 0508 RSVP REQUIRED

Anita May Rosenstein Campus

Share your stories of living, surviving, and thriving. Lunch provided; $2 donation requested. You are welcome to stay for the weekly HIV+ Men’s Support Group right after lunch.

FOCUS ON: VETERANS

LGBT VETERAN CONNECTIONS: STORIES OF SERVICE

TUES., MAY 28, 2 P.M. DROP-IN

Anita May Rosenstein Campus

Open to all veterans and active servicemembers.
Come to connect with other veterans and share experiences.

**MOVIE FOR VETS**

**TUES., MAY 14, 1 P.M. DROP-IN**

Triangle Square

**TUES., MAY 21, 1 P.M. DROP-IN**

Anita May Rosenstein Campus

Join us for a screening of Baby Blue Marine (1976; 90 mins.) to witness the deception of Marion who flunks out of bootcamp, but finds himself in a small town being treated as a war hero.

**VETERANS POOL TOURNAMENT**

**TUES., MAY 7, 2 P.M. DROP-IN**

Triangle Square

Enjoy a competitive pool tournament with your Veteran friends. Non-Veteran allies are also invited. Shoot some pool and have some fun!

**VETERANS SUPPORT GROUP**

**TUES., MAY 28, 1 P.M. DROP-IN**

Anita May Rosenstein Campus

Support for LGBT military veterans in a safe and welcoming space.

**FOCUS ON: SOCIAL SERVICES**

**ALZHEIMER’S AND RELATED DEMENTIA CAREGIVER SUPPORT GROUP**

**THURS., MAY 9, 10:30 A.M.**

**THURS., MAY 23, 10:30 A.M.**

**RSVP REQUIRED**

Anita May Rosenstein Campus

Join the Alzheimer’s Association LGBT support group for caregivers, family members, and friends caring for an LGBT loved one. It will help you develop a support system, exchange
practical information, talk through challenges, share feelings, and learn about resources. Before attending, please call 323-486-6632 to confirm meeting date and time.

BEREAVEMENT GROUP
TUESDAYS, 1:15 P.M.
EVENT 0504
RSVP REQUIRED;
NO DROP-INS
Anita May Rosenstein Campus
If you are experiencing pain from the loss of a loved one, partner, family, friend, or pet, please consider joining this weekly group in partnership with Tranquil Care Hospice. For more information or if you are new to the group, please call 323-860-7307. No Drop-ins allowed.

CASE MANAGEMENT (FIRST-TIME CLIENTS)
MONDAY-THURSDAY,
10 A.M. – 4 P.M.
DROP-IN
Anita May Rosenstein Campus
New clients only. Meet with a case manager to learn about valuable programs and services available to you as an LGBT senior including: housing, employment, medical, mental health, legal, social support, and more! A LIMITED number of drop-in appointments will be available daily. Appointments are subject to the availability of the case management staff for the day.

HIV TESTING
WEEKDAYS,
11 A.M. – 7 P.M.
M McDonald/Wright Building
1625 N. Schrader Blvd.,
Los Angeles, 90028
W Center-WeHo
8745 Santa Monica Blvd.,
West Hollywood,
90069
Free testing on a walk-in basis.

HOUSING SUPPORTIVE NETWORK
THURS., MAY 9, 11 A.M.
THURS., MAY 23, 11 A.M.
DROP-IN
Anita May Rosenstein Campus
HSN is now meeting twice each month. Get assistance with searching for housing and additional information about Section 8 and other housing specifically for LGBT seniors.
Volunteer and join the Hello Club!

Saturday, May 4, 11 a.m.–12:30 p.m.
Event #0503

For more information or to sign up for our next Volunteer Training, call 323-860-5830 or email seniors@lalgbtcenter.org

Connect with socially isolated older adults from your home or mobile phone.

A simple phone call can make someone’s day!

Regular interactions have been proven to foster a sense of well-being and improve physical health.

You have the power to help.

Saturday, May 4, 11 a.m.–12:30 p.m.
Event #0503

Los Angeles LGBT Center
Anita May Rosenstein Campus
1118 N. McCadden Pl.
Los Angeles, CA 90038

For more information or to sign up for our next Volunteer Training, call 323-860-5830 or email seniors@lalgbtcenter.org